

GOOD THINGS TO EAT ON SUNDAY : GUESS WHO'S HOME? : CYNTHIA'S LETTERS : DRESS HINTS

LET'S GO MARKETING FOR SUNDAY;
MRS. WILSON'S MENUS FOR FOUR

Four Meals for a Family of This Size, or a Little Larger, Can Be Purchased for Less Than \$3, Exclusive of Staples—An Exact List of What the Market Basket Will Require Is Printed Here

By MRS. M. A. WILSON

ATRIPT through the markets affords a real pleasure to the housewife. Southern produce is reasonably priced and should be used abundantly.

The approach of warm weather brings to us a desire to eliminate meat from a goodly portion of our diet. This is mother nature's warning that we all should heed. You know that if a fireman engaged to care for a set of boilers began to crowd in the coal on the fires he would block the draft, therefore there would not be sufficient ventilation to thoroughly burn the coal. This would cause waste. He would lose his job at once. For, you see, that coal costs money, steam boilers cost money and those in charge will not permit careless or inefficient handling that would result in loss and ruin of the fire boxes.

Now, the human body may well be likened to the furnace, and if it is overloaded with the wrong fuel trouble results. Now that the warm weather is approaching, do away with the hot, heavy meat meals in the evening. Give the family other attractive foods in their place. This is not only true for the evening meal, but also for Sunday. And in order to make this day a day of rest, it is necessary to plan and prepare as much as possible on Saturday.

Here is a suggested menu that will include three meals on Sunday:

Breakfast
Stewed Rhubarb
Creamed Cod on Toast
Rice Cakes Watercress

Coffee
Dinner
Young Onions Radishes
Tomato Appetizer
Baked Shad
Baked Potatoes Asparagus
Cucumber Salad
Banana Tapioca Coffee

Supper
Macaroni au Gratin
Tomato Salad
Orange Shortcake
Tea

The market basket will require:
One bunch of rhubarb,
One pound of center cut of dried cod,
One bunch of watercress,
Three pints of milk,
Two bunches of young onions,
One bunch of radishes,
One head of lettuce,
One quart of potatoes,
One bunch of asparagus,
One cucumber,
One package of macaroni,
Three tomatoes,
Two bananas,
One orange,
One glass of jelly,
One two-and-one-half-pound shad.
This menu can be purchased for less than \$3, exclusive of the staples, which are usually in the home. There will be sufficient left over to prepare the Monday evening meal, which may be prepared as follows:

Monday Evening Dinner
Watercress Radishes
Shad au Gratin Peas
Asparagus Salad
Boiled Rice Rhubarb Sauce Coffee
Stewed Rhubarb

Wash the rhubarb and then discard the leaves. Cut the stalks in one-inch pieces. Place in a casserole and add:
One cup of brown sugar,
One-quarter cup of water.
Cover closely and bake for thirty minutes. While the rhubarb is baking prepare and bake the cake and bake the banana tapioca pudding all in the same oven.

Recipe for Cake
Place in a bowl
Seven level tablespoons of sugar,
Yolk of one egg.
Cream until light lemon color and then add:
Three tablespoons of water,
Ten tablespoons of flour,
One teaspoon of baking powder.
Beat to mix and then beat the white of egg until stiff. Cut and fold in the stiffly beaten white of egg

Ask Mrs. Wilson

If you have any cooking problems, bring them to Mrs. Wilson. She will be glad to answer you through these columns. No personal replies, however, can be given. Address questions to Mrs. M. A. Wilson, EVENING PUBLIC LEDGER, Philadelphia.

into the batter. Pour into well greased and floured pie plate. Bake for eighteen minutes in a moderate oven.

Creamed Cod on Toast

Select a thick cut from the center of the fish. Soak in cold water overnight and then in the morning tie in a piece of cheesecloth. Drop in a saucepan containing three pints of boiling water. Cook for twenty minutes. Drain and then divide into four parts. Lift on the toast and cover with nicely seasoned cream sauce. Garnish with finely chopped parsley.

Tomato Appetizer

Cut the tomato into thin slices and then spread with the following mixture:

One-half teaspoon of sugar,
One-half teaspoon of salt,
One-half teaspoon of mustard,
Two teaspoons of salad oil,
One teaspoon of vinegar,
One teaspoon of grated onion,
One teaspoon of finely chopped parsley.

Mix and then spread on the slices of tomato. Dust well with paprika.

Baked Shad

Select a two-and-one-half-pound shad. Have the fish dealer clean and prepare it for baking. Now prepare a filling as follows. Place in a bowl:

One cup of bread crumbs,
Two onions, chopped fine,
Two tablespoons of finely chopped parsley,
One and one-half teaspoons of salt,
One teaspoon of pepper,
One-half teaspoon of thyme,
One egg,
Two tablespoons of salad oil.

Mix well and then fill into the fish. Sew the opening with a stout string and a darning needle. Pat the flour into the fish. Place in a baking pan and bake in a hot oven for one hour. Baste every fifteen minutes with one cup of boiling water. Now, if you place a strip of cheesecloth under the fish you will be able to lift it without breaking. Use the left-over portions for shad au gratin for Monday night's dinner.

Shad au Gratin

Flake the left-over fish and remove the skin and bones. Make one pint of thick cream sauce. Season well and then add:
Two medium-sized onions, chopped fine,
One green pepper,
Two branches of parsley, chopped fine.

Now add the fish and mix thoroughly. Pour into a baking dish and cover the top with fine crumbs and two tablespoons of grated cheese.

Macaroni au Gratin

Cook the macaroni in boiling water for twenty minutes and then turn into a colander and let the cold water run on it. Now prepare a cream sauce as is given in shad au gratin, using the macaroni in place of the shad.

Orange Shortcake

Peel and then cut into small pieces one orange. Now place the:
White of one egg,
One-half glass of jelly
in a bowl and beat until the mixture will hold its shape. Pile on the



A Nutritious Diet for All Ages.
Quick Lunch; Home or Office.
OTHERS ARE IMITATIONS

sponge cake that was baked Saturday. Cover with the prepared orange and serve.

This menu will supply abundant food for a family of four or five for four meals.

Please Tell Me
What to Do

By CYNTHIA

To Bab

I think you are treating the young man just the way he ought to be treated and apparently his mother approves of your method. Keep right on putting him back in his place as you have been doing, cheerfully but firmly, and there will be no hard feelings on the part of his parents and most certainly the young man himself will respect you far more than if you permitted him to throw his arm around you whenever the mood strikes him. If other girls have permitted this let him see that here at least is one cheerful, spunky little girl who means what she says when she says it.

Here's One for the Major
Dear Cynthia—I address these words to Major von L. in your care. If you are what your signature implies I would very much dislike having you think that all American girls are either silly or the kind that wear a long face. That is not true. I am forty and married, so I think I know what I am talking about.

I know at least five girls under the age of sixteen who know how to give honest friendship. Also I have some very good girl friends that might even interest you.

There is just one thing in your letter that I do not like. As a girl I never was considered a flirt, much less a conqueror of hearts. Any young man that I knew before I was married I still call friend. If you are really looking for honest friendship try giving it. That is the only way I know to find it.

AN OLD MARRIED WOMAN.

From Our Little Girl Friend
Dear Cynthia—How much I enjoyed the letters written in answer to my question "What kind of girls do boys really like?" And right here I want to thank "Lancashire," "Backing Up Almost Nineteen," "Sandy," "Almost Nineteen Too," "Almost Nineteen Jr.," and "Lieutenant B" for their kindness in telling me what the ideal girl must be like. It's a relief to know that there are six really truly boys who are not for a vamp. I'm afraid "Almost Nineteen" and "Almost Nineteen Too" misunderstood me about "corner hangers." I said I would not hold a boy slow if he did not hang around corners.

Lieutenant B, my hat is off to you this time. Thank you so much for telling me of your ideal girl—and I think your idea of the Keeping Up Hope Club just fine. Of course, I want to be a member, and I'm glad to see so many others want to join, too.

Has any one else an ideal girl he'd like to tell about, or are there only six of our readers who aren't "out for a vamp?"

Thank you, Cynthia, for allowing us to write to each other through your column. It certainly is enjoyed and appreciated by

ALMOST NINETEEN.



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GAY COLORS COME
FOR SUMMERTIME

This unusual street dress is in checked velvet combined with tri-coloire. It is attractive in tan, blue or taupe check and the tri-coloire matches the darker part of the check.

A Daily Fashion Talk by Florence Rose

WHILE the women still cling quite tenaciously to navy blue, here and there color is beginning to creep in. Aside from the tan shades, there is not much else but blue worn for street dresses and suits. The touches of high colorings are usually introduced in the hats, which are either gay with bright flowers or decorated with ostrich feathers of strong colors. The colors which at present are much worn are jade green, turquoise blue, a sort of lemon yellow and a royal purple to brighten up the hats and oftentimes the whole hat will be of one of these colors.

These same colors are used for afternoon dresses made of georgette, chiffon, taffetas and, of course, the summer organdies are also used in these shades, as well as the more delicate tones of pink, blue, green and lavender. Thus you see the appearance of the women on the street and at afternoon affairs is quite different; the somberness of the morning turns to gaiety in the afternoon.

For the names of shops where articles mentioned in "Adventures With a Purse" can be purchased, address Editor of Woman's Page, EVENING PUBLIC LEDGER, or phone the Woman's Department, Walnut 3000.

Mrs. Morrison's Chocolate Pudding

10¢

Benguyer

1214 Walnut Street

For Saturday

To Introduce This New

And Beautiful Fashion Salon

Gowns that were 49.50 to 125.00

Wraps that were 65.00 to 95.00

Suits that were 65.00 to 150.00

39.50 to 75.00

ALSO AN EXHIBIT OF APPROVED BLOUSES

LINGERIE, FURS AND MILLINERY

Wonderful Music in The Orchid Tea Room—12 to 5.

And the Chicken Salad Is Delicious

Youngsters Are Judges

Yes, and good ones, too. They always praise mother's cookies when she makes them with

Miss Princine

Pure Phosphate Baking Powder

They quickly gobble them all up and ask for more. Cookies made with Princine are so light and delicious everybody enjoys them.

1 lb., net weight, 25¢

At Your Grocer's

3 1/2 lb., net weight, 20¢

Note the Handy Hand-Cup

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Adventures
With a Purse

WITHOUT a doubt you have made arrangements for your porch or garden furniture for the summer. But how about the furniture for Mistress Betty's children? It stands to reason they can't sit on the same chairs on which they have sat all winter. Goodness, no! Well, now, I discovered a quaint little set of bamboo furniture today, the very thing for the dolls. It consists of a table and four cunning little chairs, and the complete set costs but fifteen cents. Take one home to her.

"What a delightfully scented face powder," I exclaimed to the attractive shopkeeper. "It is a combination of lily of the valley and apple blossom," she smiled. Doesn't that sound cool and "springy" and altogether most desirable? She tells me further that this face powder, which is unusually fine in quality, is sifted through this silk. Everything has been done to make this a soft, downy powder for milady's smooth cheek. Even the name—which I should love to whisper to you if I dared—has a charm and a lure. You can purchase an attractive box for seventy-five cents, plus, of course, a three-cent war tax.

How are you keeping your Liberty bonds? Not, I trust, in a corner of the bureau drawer or in a pigeonhole in the desk. When I saw these secure compact-looking tin boxes I thought immediately how nice one would be for Liberty bonds and papers of importance. They are well made and strong and each has a snug tight lock and key. The price of one which you could easily tuck away with its precious contents is eighty-five cents.

Well, well, if the days continue to be as warm as some of them once were, we'll be having picnics before we know it. And picnics and picnic sets go hand in hand. A picnic set, I might explain, is most convenient, for it consists of a sizable crepe paper table cloth, ten crepe paper napkins and ten picnic plates, complete for ten cents. And everybody knows that while two's company and three's a crowd it takes just ten to make a picnic.

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THE REASON WHY WE HAD
TOO MANY STRAWBERRIES

The Huckster Is Back From Overseas, and, Bless Your Heart, Who Could Help Buying Everything in Sight?

OUT in the breakfast room we could see two big cut-glass bowls piled high with strawberries and in at the table we were being served from a mountainously high platter of asparagus—far too much, but there was company for dinner, so no one said anything.

"You'd never guess who is back from France," said mother when the meal had gotten well under way and conversation was gayly bounding back and forth.

"Who?" we asked.

"The huckster," she answered. "He was back today on his wagon and he had on a little overseas hat."

Then mother suddenly realized the admission she had made and every body laughed and acknowledged they had been wondering about the high-plated platter of asparagus and the strawberries. It seemed she bought everything in sight and had to serve nearly all her overseas buy at once in order to be ready for him the next morning!

"Yes, he's back," she continued, "and can drive just as good a bargain as ever. He seems just the same as ever and his only anxiety seems to build up his trade again."

IT SEEMS to me that one of the finest things about the returned American soldier is his eagerness to slip back into the old life. There is so little bragging about him, so little craving for special attention or deference to him because he has been through a fury of the rest of us will never, never, be able to realize.

I have heard a great deal about the unmet created in the minds and lives of our boys by these things they have been through; how they would chafe at the old bonds and want to be taking themselves off to pastures new the minute they touched the homeland. But, after all, I don't think this is proving to be true. Most of the returned soldiers I have had the good



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BEAUTIFUL FLOWERS

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Do not plant popcorn near sweet corn, for they are likely to cross and a mixing of the two may show up next year. Cultivate and weed thoroughly.

There are several good varieties, but perhaps the most common one is known as rice. The curing of harvested popcorn is important. If too moist or too